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*"The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone."*

*\*Orison Swett Marden {1850-1924 Founder of Success Magazine}*

## IDOL CHATTER...

TRISH TYLER, PRESIDENT

We could stand to learn a thing or two from Justin and Janet. Now, before you get the idea that I am actively endorsing "wardrobe malfunctions," rest assured, I am not. I am also NOT endorsing unnecessary booty shaking or flesh baring on network TV. I AM talking about pushing the envelope and challenging the status quo and getting peoples' attention.

The repercussions of "Nipplegate" were heard 'round the world the Monday morning following the Super Bowl. Everyone knew what had happened. Everyone was talking about it. Those who had missed it were scrambling for information, begging others to walk them through the course of events, and the internet was flooded with news stories detailing the events of the Super Bowl halftime show. At about 11:30 AM on February 2, I was on the phone with a colleague from Rotterdam—and even HE was wondering about what had happened.

How can the Jaycees learn from this? Well, I'm here to tell you that we can take a valuable lesson from "Miss Jackson if you're nasty" and the former Mr. Britney... If you want the world to talk

about you, you have to set them on their ear. Do something different, and make sure the whole world knows about it! Fortunately for us, although some of us fancy ourselves as performers, I would dare say that none of us are quite up to a stunt of those proportions. However, we are up to something... aren't we?

Every day, we are doing things that other people only dream of... changing the world. Most people only talk about what they would like to do to make the world a better place... but we actually do it, and that is revolutionary. That is buzz-worthy. THAT is certainly more deserving of dominating the communication channels than a bare body part... wouldn't you think? Extra bonus—it's something that we are PROUD of... not something that is embarrassing, and certainly nothing for which we would have to apologize.

How do we do this? How do we get it done? Easy, folks. Simply TELL people about what we are doing. Tell people about the many families we help with our wood deliveries for Project Warm. Tell people about



seeing Juanita at the nursing home. Tell people about the skills YOU are getting from your participation. Tell people how Kenny couldn't catch shrimp with his mouth at Kabuto's (Ok, we might have to apologize for that...) It's just that easy! To generate a buzz, someone has to start talking... and no one is better to start that buzz than you! You have something of which you can be VERY proud, and frankly, it's a much more impressive and interesting conversation topic than the latest Ashton/Demi tidbit, or even the most recent American Idol chatter.

I can't begin to tell you all how proud I am that you are part of this team. I'm telling everyone I know about the Tuckahoe Jaycees... are you?

Be Young, Be Foolish, Be Happy...  
DREAM BIG!

Trish's Tidbits

*Christine - I think all teachers will be banned from further Bingo games. You know your numbers too well.*

*Min - I want to know... where DID you get that visitation tube?*

*Alex - Fantastic ideas... PLEASE keep them coming!*

*Lauren - Welcome aboard! Let the abuse begin!! ;-)*

## ASK DOCTOR MAXIM



**Q:** Will going outside with wet hair result in a cold, or is my mother just plain crackers?

**A:** It's no longer our place to judge your mom's mental status, but we sure hope the old bat doesn't practice medicine. "The combination of a wet head and chilly outdoor temperature might make you shiver, but it won't increase your chance of catching a cold," explains A. Mark Fendrick, M.D., professor of internal medicine at the University of Michigan. But your mom isn't the only person to fall for this whopper: Thirty-seven percent of adults think blow-drying their hair before leaving the house somehow increases their immunity, according to a recent study.

And in case you're wondering, weather changes don't cause colds, not wearing enough clothes outside in bad weather doesn't cause colds, and the cold fairy does not leave "cold pixie germs" under your pillow. Duh.

Once and for all, the only way to pick up a cold is by making direct contact with a cold virus. Hundreds of 'em lurk out there, especially during cooler months when the crappy weather keeps you indoors and in closer contact with that phlegmy cube mate who insists on high-fiving you about last night's game.

Paw your eyes, nose, or mouth after touching an infected person or surface and congratulations—you've just introduced millions of viral particles into your system. Best advice? Skip antibiotics, which don't do anything to kill the cold but could make you more immune to medicines you might need in the future. The best you can do is to treat your symptoms—Cepacol for a sore throat, decongestants for the snot factor, NyQuil for fun, and Risperdal to stop the loud voices in your head. So wash your hands, stay hydrated, and keep the hell away from us.

## 2004 BOARD OF DIRECTORS

*Welcome  
A-Board,  
Lauren!!*

*If you would  
like to help out  
the Board of  
Directors in any  
way this year,  
contact Trish  
Tyler.*

Trish Tyler President	288-5138 trishtyler68@hotmail.com
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Min Casali State Director	358-9288 mincasali@cavtel.net
Min Casali, Newsletter Editor	358-9288
Matthew Montero, Webmaster	918-0889
Rob Priest, Chaplain	683-8025

# March 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Chapter Meeting Topeka's 7:00 pm (MD)	2 Richmond JC's Meeting (SD)	3	4	5	6 Mardi Gras Party! (M/CD)  Project WARM (CD)
7	8 Board Meeting (MD)  West End JC's Meeting (SD)	9 Fredericksburg JC's Meeting (SD)	10	11 Chesterfield JC's Meeting (SD)	12 Bowling Night (M)	13 Project WARM (CD)
14	15 Dinner Social Rare Old Times 6:30 pm (MD)	16	17	18 Bingo with the Elderly (CD)	19	20 Project WARM (CD)  Chesterfield trip to Holocaust Museum (SD)
21 Church Visitation Westover Hills Baptist (ID)	22	23	24	25	26 Camp Work Party (CD) →	27
28 →	29 Business Series: Re- sume Writing Workshop (ID)	30	31	<p><b>For more information:</b></p> <p>CD = Community (Matthew Montero)            ID = Individual (Lauren Lightfoot)            M = Membership (Christine Hopkins)            MD = Management (Trish Tyler)            SD = State Director (Min Casali)</p>		

## ELECT NO STRANGERS!

JASON MACLAUHLAN

Tuckahoe! This is a presidential election year in case you haven't noticed. Do you know there 143 people running for President? Including seven from Virginia! There is also a Prohibition Party Candidate, as well as a Socialist Party USA candidate that has a 68 year old running for Vice President! Elect No Strangers! The Tuckahoe Jaycees does not endorse any presidential candidate; this is for informational purposes only. The information is from the candidate's websites and other sources. This is the second part in the series and it's the current Democratic front runner John Kerry, Senator from Massachusetts.



Courtesy U.S. Senate

**POLITICAL:** Democratic nominee for Congress, 1972; Lieutenant Governor, 1982-85 (elected 1982); US Senator, 1985-present (elected in 1984, re-elected in 1990, 1996 & 2002). Chair, Democratic Senatorial Campaign Committee, 1987-89.

**PROFESSIONAL:** Attorney, Assistant District Attorney, 1977-82.

**MILITARY:** Lieutenant, US Navy, 1966-70 (awarded the Silver Star, Bronze Star, and three Purple Hearts for combat action in Vietnam).

**EDUCATION:** B.A., Yale University, 1966, J.D., Boston College, 1976.

**PERSONAL:** Born December 11, 1943, in Denver, Colorado. Senator Kerry is married to Theresa Heinz Kerry. They have two children; three step-children.

**RELIGION:** Catholic.

**ANALYSIS:** Senator John Kerry filed federal paperwork formally launching his Presidential exploratory committee in December 2002. He has been a national political figure since ever since -- as a Yale-educated, decorated combat veteran -- he was one of the organizers of Vietnam Veterans Against the War in 1971. "How do you ask a man to be the last to die for a mistake?" he asked in his memorable Congressional testimony. He ran for Congress in 1972, but lost. Following the defeat, he went to law school, worked as a prosecutor, and was elected Lieutenant Governor in 1982. In 1984, he won a competitive race for US Senator and fended off a tough re-election challenge from libertarian Governor Bill Weld (R) in 1996. Generally a solid liberal, Kerry also supports free trade. On military issues, Kerry supported bombing Bosnia in 1999 and the War on Terrorism. He opposed the constitutional amendment to prohibit flag burning. Working with John McCain, he successfully worked to normalize relations with Vietnam in the 1990s. He has supported some education reforms opposed by the

teacher unions (like ending tenure and allowing lateral entry into teaching). He also supported some direct federal grants for faith-based charities. Kerry favored Permanent Normal Trade Relations with China and led the floor fight against the amendment that would have required US review of China's human rights practices. He also sponsored a bill to commit \$100 million yearly to a fund to fight the spread of AIDS in Africa. In 1995, he married Teresa Heinz (widow of GOP Senator John Heinz of Pennsylvania), who inherited his ketchup business fortune of more than \$600 million. That now makes Kerry the richest member of Congress with \$675 million (note: he repeatedly says he will not spend it on this campaign -- "It's my wife's money, not mine" -- and, legally, he's correct in that he cannot unless it was a "joint asset" before he launched the campaign). Kerry's biggest downside is his cold, patrician demeanor. He works hard and is bright, but is said to lack a common touch and warmth. However, he won an easy re-election in 2002. With his financial donor base and with New Hampshire in his backyard

(and sharing Boston's media market), Kerry and Howard Dean started as early favorites in the important New Hampshire primary. Gore's departure also clearly bumped Kerry into "first tier" of candidates. In fact, with Gore out of the race, he was viewed as the early frontrunner. Dean's campaign frequently referred to Kerry as "The Anointed One" and Dean passed Kerry in national and key state polls. Since those exchanges, Kerry openly displays a visceral dislike of Dean on a personal level. Kerry's somewhat ambivalent views on the Iraq conflict caused him some problems with liberal voters. Of a greater concern to Kerry is that Dean emerged by late spring 2003 as the leading liberal contender -- and by summer 2003 as the frontrunner in general in polls from Iowa, New Hampshire, and California and in the important race for money. The entry of General Clark, another Vietnam War combat veteran, into the race also hurt Kerry to some degree by further splitting the anti-Dean opposition. In an effort to revive his candidacy, Kerry fired campaign manager Jim Jordan and brought in

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political operative Mary Beth Cahill to run the operation in November 2003. He also announced that, like Dean, he would opt out of accepting federal matching funds in exchange for having no spending limits. Since then, he dumped \$850,000 of his personal money into the campaign in December 2003,

and vows to put more in when needed. He made a big gamble in Iowa, diverting nearly all his financial and staff resources into the state in the crucial two weeks before the January contest and it paid off big for him. Kerry seemed to rediscover his political message there and won a convincing victory, a victory gave Kerry momentum heading into the crucial New Hampshire primary, which he won by a

39% to 26% vote over Dean. Kerry went from the category of the nearly dead to the new frontrunner. He then plowed through the early February primaries, winning 5 out of 7. A few days later, he won Michigan and Washington.

Info from Politics1.com  
and JohnKerry.com

*(More of...)*  
*Trish's Tidbits*

*COB Kay—I'd like to propose a toast... but not with that Cold Duck.*

*Anthony and Anna—Future Outstanding Jaycee Family?? I THINK SO!!*

*Anna, Anthony, Lauren, Elizabeth, Sam, Michal, Scott, Kimmy, Christian—Welcome to our family! We are SO happy to have you!*

*Sondorman -- Congrats on your appointment as "The Right Reverend." Will we be doing flips in the aisles for the next We Believers'???*  
*Welcome back!*

*Patrick and Brennan—Our Chapter Mascots! We love you! (But the goldfish might not...)*

*Kearsten—Stuff's called. You're not allowed to play Galaga there anymore...*

*Annie—Thanks for going on all of those visitations up North! See, we can still keep you busy (and hopefully out of trouble!)*

## MESSAGE FROM YOUR MEMBERSHIP VICE PRESIDENT

CHRISTINE HOPKINS, MEMBERSHIP VICE PRESIDENT

MARCH! They say it "comes in like a lamb, out like a lion." The weather starts off nice and calm, like a lamb, but then changes and the month ends with a roar of a storm, leaving like a lion. I tell ya, if the Tuckahoe Jaycees are anything like this old proverb, then our lion is going to be massive and make a LOT of noise as it rolls out. Our 2004 Jaycee

Year began with a burst of new members and excitement, and that excitement has continued to build and gain momentum ever since. The projects that have been done are being run by tons of people and our meetings and dinner socials are bringing members out of the woodwork! There is an electricity that is running

through the chapter that has not been felt in a while, and it is infectious. Enthusiasm is breeding enthusiasm! People who have not been active in while are excited to come out and be involved in the community. I can already feel that in March, we will, as my students like to say "Keep on Keepin' on!"

## MESSAGE FROM YOUR STATE DIRECTOR

MIN CASALI, STATE DIRECTOR

What's up clowns? Heh heh. We've been having a good time visiting other chapters lately. So come join in the fun and Hit the Road with me! There's plenty to do so check the calendar and the websites.

Don't forget our visitation contest. The visitation with the most signatures with win a \$25 gift card to Topeka's. So far, the visitation stick that we

came home with from Fredericksburg's Presidential Roast will be a tough act to follow!

Also, plan on coming to Camp Work Party the weekend of March 26, 27 and 28. Chapters from all over the state will be convening at Camp Virginia Jaycee to do much needed maintenance work on the camp. Give me a call for more information on this or

any other happenings around the state.

Mark your calendars now for Virginia Jaycees Spring State Convention: May 21-23, 2004 at Hilton Dulles, Herndon, VA. As usual, there will be plenty of training classes throughout the weekend. There much learning to do and fun to be had. Please join us!

Be Young... Be Foolish... but most of all... BE HAPPY!

Tuckahoe Jaycees Inc.  
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777-77JC

[http://www.jaycee.com/  
tuckahoe/tindex.htm](http://www.jaycee.com/tuckahoe/tindex.htm)

### The Jaycee Creed

We Believe:

That faith in God gives  
meaning and purpose  
to human life

That the brotherhood  
of man transcends the  
sovereignty of nations

That economic justice  
can best be won by  
free men through free  
enterprise

That government  
should be of laws,  
rather than of men

That earth's great  
treasure lies in human  
personality

And that service to  
humanity is the best  
work of life

### Moving?

Please drop us a line to let us know if you will be having a new address, phone number and/or email address! You can clip this form and mail it to the address above, or just email the information to any board member.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Email Address

- I prefer my newsletter emailed to me.
- I prefer a paper copy of the newsletter mailed to my home.
- I would like both an emailed copy and a hard copy.

